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TEAM ALBERTA NORTH
1990 ARCTIC WINTER GAMES

THE GAMES TIMES

Volume 2 Number 1
January 1990

Arctic Sports

Badminton

* ***Basketball***

Cross Country Ski

* ***Curling***

Dog Mushing

* ***Figure Skating***

* ***Gymnastics***

* ***Hockey***

* ***Indoor Soccer***

Marathon

Silhouette Shooting

Ski Biathlon

Snowshoe Biathlon

Snowshoeing

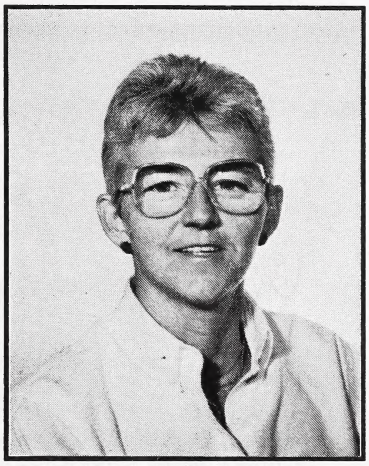
Triathlon

* ***Volleyball***

* ***Wrestling***

* *Indicates participation by Team Alberta North.*

Chef de Mission Message



Congratulations to our Team Alberta North. You have been selected to take part in an exciting, unique celebration — the Arctic Winter Games — the largest single event in Northern Canada!

The Arctic Winter Games is more than an important high standard athletic competition. It is a celebration of friendship and comradeship among all peoples and cultures of the North. As a team member, you will have the wonderful opportunity to participate and share in the many facets of this 20-year-old northern tradition.

I am honored to be a member of Team Alberta North and am pleased that I will have the opportunity to see, firsthand, your achievements and your enjoyment as you take part in this exciting athletic, social and cultural event!

I look forward to meeting each of you as we work together towards our common goal.

Norma-Jean (Noni) Heine
Chef de Mission
Team Alberta North

What's Inside

Meet the Mission Staff 2
Biggest ever Games 3
Entertainment & venues 3
Games mascot 3
Medical advice 4
Team uniforms 4
Games transportation 4

Alberta
RECREATION AND PARKS

Meet the Mission Staff

Prior to, during and after the 1990 Arctic Winter Games, the Mission Staff are an integral part of Team Alberta North. They represent our contingent in negotiations with the Host Society, other teams and the communications media. Members collect and disseminate information and make the necessary preparations for the Games. The goal of the Mission Staff is to establish our team at the Games in an enjoyable manner and one where we will be well received. While the athletes are preparing themselves for competition, with the aid of their coaches and associations, the Mission Staff are working diligently to create a winning environment.

The Chef de Mission of Team Alberta North for the Games is **Norma-Jean Heine** (or Noni as she prefers to be called). Noni is the Manager of the Provincial Program Services Section of the Provincial Recreation and Sport Branch for Alberta Recreation and Parks. She has been with the department for over 15 years and brings a wealth of experience to her job as Chef de Mission (having filled that role at the 1989 Canada Summer Games). Noni sees the Arctic Winter Games as instrumental in "encouraging and maintaining a high level of performance for our Northern Alberta athletes."

Steve Pritchard is the Assistant Chef de Mission. He has been with Recreation and Parks for five years, including one year spent as the Regional Consultant in High Level. Most recently, Steve is the coordinator for Alberta's participation in various Games. He looks forward to the cultural exchange that will take place in Yellowknife. Steve feels that seeing the athletes participate after their years of hard work "reminds you of what it is all about."

Born and raised in Alberta, **Jan Patterson** wants to see our team win. She is the Communications Liaison on the Mission Staff. Jan recently joined the staff at Alberta Recreation and Parks as a Public Affairs Officer. She has eight years of experience in public relations and looks forward to "being involved in an international event of this calibre."

The Medical Liaison on the Mission Staff is **Kathy Nagy** who is a physiotherapist for a private firm in Sherwood Park. She has a professional interest in sports-related injuries and has been involved in covering events such as rugby, wrestling and judo. Kathy would like to expand the variety of sports she covers and looks forward to those events that are unique to northern culture.

Perky McCullough lives in Grande Prairie and has over 15 years of volunteer experience with sport organizations. Perky has recently been appointed to the Alberta Sport Council Board of Directors. She served on the Mission Staff for the 1987 Canada Winter Games and is looking forward to the trip to Yellowknife. Perky devotes herself unselfishly as a volunteer with the Alberta Curling Federation and one of her ambitions is to be involved in hosting the Arctic Winter Games in Alberta (especially in Grande Prairie).

Reg Petch would like to be involved in hosting the Arctic Winter Games as well, but, preferably in his home town of Fort McMurray. He has been active in various roles in organized soccer since 1979 and has held positions with other games including the 1988 Arctic Winter Games in Fairbanks, Alaska. Reg would like to see Alberta's participation in the Games grow to cover the full contingency of sports.

The last member of the Mission Staff left to mention is **Marvin Bird**. This position does not reflect his profile in sports for Marv has filled a number of volunteer positions with amateur hockey in Alberta, ranging from coach to executive member. His enthusiasm and accomplishments in amateur sport have often been recognized by his community. A Grande Prairie resident, Marv is also eager to bring the Arctic Winter Games to Alberta.

Each of the Mission Staff is highly qualified in their related endeavors and we can be as proud of them as they are enthusiastic about amateur sport in Alberta. We welcome them all to Team Alberta North.

1990 Arctic Winter Games – biggest ever!

More than 1,200 athletes will be competing in 19 sporting events at the 1990 Arctic Winter Games, March 11 to 17.

Every two years the Games brings together athletes from the Yukon, Northwest Territories, Northern Alberta and the State of Alaska. This year, for the first time, Greenland will be participating in the Games, both in athletic competition and cultural performances. The Soviet Union has also accepted a special invitation to take part in the festivities.

In addition to the usual wide range of exciting outdoor and indoor sports and unique traditional games, other sports such as the Dene games are being introduced this year.

1990 marks the Arctic Winter Games' 20th anniversary, with this Games returning to Yellowknife, where the first Games was held in 1970. The anniversary festivities planned will be a spectacular celebration, focusing on the special, unique qualities of northern sport, culture and friendship.

Alberta has been a participating partner in the Games since 1986. This year, 103 athletes and coaches will represent our province in Yellowknife.

Approximately 25,000 spectators are expected at the 1990 Games. Thousands more will be watching the week-long event, broadcast across Canada, Alaska and other parts of the United States.

'Family, Friendship & Community Spirit'

Knifee Square will be a hub of activity during the 1990 Arctic Winter Games. In addition to the sport-related events, such as medal presentations, the Square will be the main centre for evening entertainment and friendly socializing. Focusing on "Family, Friendship and Community Spirit," the site will become a glorious array of live entertainment, family activities, a fireworks display and a showcase of unique northern arts, cultural performances and displays.

Sport events will be held at various venues throughout Yellowknife:

Arctic Sports/Dene Games — Mildred Hall School
Badminton — J.H. Sissons School
Basketball — William MacDonald School
Cross Country Skiing — Yellowknife Ski Club
Curling — Yellowknife Curling Rink
Dog Mushing — Back Bay
Figure Skating — Gerry Murphy Arena
Gymnastics — St. Joseph's School
Hockey — Yellowknife Arena
Indoor Soccer — St. Patrick's School
Marathon — Yellowknife Ski Club/Prelude Lake
Silhouette Shooting — Shooting Range (north of Yellowknife Airport)
Ski Biathlon — Yellowknife Ski Club
Snowshoe Biathlon — Yellowknife Ski Club
Snowshoeing — Frame Lake
Triathlon — Ski Club/Frame Lake
Volleyball — Sir John Franklin High School
Wrestling — N.J. McPherson School

Knifee biography

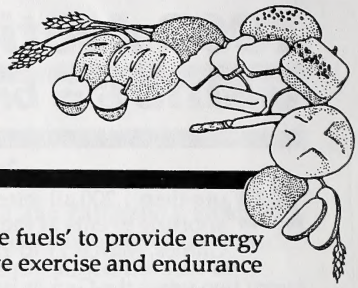
(Arctic Winter Games Host Society)

KNIFEE was born in Yellowknife, December 14, 1988 and was adopted by the Arctic Winter Games Host Society, September 29, 1989. He hopes to make it into the Guiness Book of Records as the largest knife in history, already reaching a towering height of six feet, six inches (without shoes) so early in his life.

KNIFEE should be easily recognized in a crowd with his give-away blade point on the left side of his head — but don't be fooled! KNIFEE is a master of disguise. His favorite disguises include an Arctic Winter Games athlete, complete with basketball jersey, headband and size 13 hightop runners; a typical northerner dressed in a toque, scarf and mukluks; or for special occasions, he assumes his Fred Astaire persona wearing a top hat, bow tie, gold gloves and button-down spats.

KNIFEE looks forward to greeting all Yellowknifers and Northerners at the Arctic Winter Games!

Athletes need 'extra fuel' in cold weather



-by Barb Marriage, M.Sc., R.D. Sports Nutrition Specialist

Activities done in cold weather require more energy than if done in warm weather. The extra fuel is needed to maintain body temperature and prevent hypothermia. The intensity, type, frequency and duration of the sport are also factors which determine the athlete's energy requirements. In fact, energy needs of the athlete in training and competition may increase two to three times above the non-training requirement!

The athlete can best meet these higher requirements by increasing the number of food choices from each of the four food groups, concentrating on both the bread and cereal group and the fruit and vegetable group. Carbohydrates from these two food groups are considered to be 'prime fuels' to provide energy for both short, intensive exercise and endurance events.

Carbohydrate energy is stored as blood glucose and glycogen in muscles and liver. When glycogen is used up during exercise, the athlete may lose speed, precision and become exhausted. Complex carbohydrates such as pasta, rice, potatoes, vegetables, bread, cereal and fruit are preferred over simple carbohydrates such as sugar, jam, candy and pop.

Remember...an excellent diet will not make an average athlete elite, but a poor diet can make a world-class athlete average.

Looking great!

What is blue and white (mostly); sharp and bright (totally); filled with energy (of course); and has 220 legs? *ANSWER: Team Alberta North members wearing their new uniforms during Opening and Closing Ceremonies!*

The uniforms have arrived — and they look great! The main colors of the two-piece track suit, the cotton volleyball shirt and the light ski jacket are a deep royal blue and a brilliant snow-white. And of course, proudly displayed on all articles, including the matching baseball cap, is Team Alberta North's logo!

Members of Team Alberta North will be issued these uniforms in the near future.

Next Issue . . .

If you have information that you would like to see included in this newsletter please contact Steve at 427-6562 or send it to:

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There and back

In an effort to make the trip to Yellowknife as convenient as possible for members of Team Alberta North, Alberta Recreation and Parks has made special arrangements with Canadian Airlines. The charter flight will be making several stops, both to and from the Games, picking up and returning passengers. These arrangements will eliminate the need for team members to travel long distances to one central airport.

Originating at the Edmonton International Airport, the flight to Yellowknife will make stops at Grande Prairie and Fort McMurray. The return flight will make the same stops.

*We are pleased to inform you of the following schedule:

DATE	FLIGHT	DEPART	ROUTING	ARRIVE
March 10	CP2206	1915	Edmonton-Grande Prairie	2015
March 10	CP2206	2045	Grande Prairie-Ft. McMurray	2145
March 10	CP2206	2215	Ft. McMurray-Yellowknife	2335
March 17	CP2207	2130	Yellowknife-Ft. McMurray	2240
March 17	CP2207	2310	Ft. McMurray-Grande Prairie	0020
March 18	CP2207	0050	Grande Prairie-Edmonton	0140

Upon arrival at Yellowknife Airport, ground transportation will be provided by the Host Society. Following registration (accreditation), passengers and their luggage will be transported to designated living quarters.

***Flight schedule listed above is subject to change. Should any changes occur, announcements of new scheduling will appear in the Games Times newsletter.**